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## 'Tough decisions are going to be made': Obama

U.S. pressures Israel ahead of peace talks deadline **PAGE 12**

## Innovating the restaurant experience

Students vying for startup prize with digital menu app **PAGE 6**

## HE CAN AFFORD TO LOOK DORKY

BILL GATES ONCE AGAIN NAMED RICHEST PERSON IN THE WORLD — SEE WHO CAME CLOSE **PAGE 15**



## COUNTDOWN TO 2016

Heavy equipment is rolled onto the future site of the Edmonton arena Monday, as construction on the long-debated project officially got underway. The city expects the project will mostly consist of excavation for several months before the structure begins to take shape. The building is set to open in September 2016. **RYAN TUMILTY/METRO**

# More charges laid in vicious stabbing of warehouse workers

**Fatal Friday attack.** Occupational Health and Safety will launch investigation following police probe



**RYAN TUMILTY**  
ryan.tumilty@metronews.ca

Edmonton Police were offering their condolences to victims Monday, as more charges were laid in Friday's vicious warehouse stabbing.

Edmonton police Chief Rod Knecht announced two more charges of attempted murder against Jayme Pasioka and said further charges could be possible.

"It's still relatively fresh in this investigation," he said. "The crime scene was, by most standards, massive and complex and is going to take an extended period of time to go

through."

Two people died in the Friday attack at Loblaws, and Pasioka is facing two counts of first degree murder.

Knecht passed along his condolences to all those affected by the crime.

"This is a devastating tragedy. It not only affects those directly involved and their family and friends, but it ripples throughout the Edmonton community," he said.

Pasioka made his first court appearance Monday via video-conference from the Edmonton Remand Centre. He confirmed his name to the judge but said nothing else.

The judge accepted a request from defence lawyer Brandon Tralenberg that the case be put over to May 5.

Assistant chief Crown prosecutor Kimberley Goddard told court she was to meet with police to determine if there will be more charges.

"In terms of length of time

### Team effort

**"From all reports, the effective management of this horrific and chaotic crime scene prevented further loss of life."**

Edmonton police Chief Rod Knecht, thanking witnesses who called in with sightings, the media and his own officers, who he believes helped prevent further tragedy

and putting it all together properly, we're prepared to put as many resources and as much time as required to make sure that this case goes off without a hitch," she said.

Ministry spokesperson Janice Schroeder said once EPS has finished their criminal investigation, Occupational Health and Safety will launch their own investigation, looking at hazard assessments and provisions the employer had in place. **WITH FILES FROM THE CANADIAN PRESS AND LEAH GERMAIN/METRO**

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New deal

## Alberta throne speech promises renewed funding for cities

Premier Alison Redford is promising to deliver on a promise to strike a new deal with Alberta's two big cities.

"Your government recognizes the unique challenges faced by our two largest cities and will finalize the Calgary and Edmonton city charters," Lt.-Gov. Don Ethell read from the speech to the throne Monday.

The intent is to find a better way for the two cities to manage issues unique to each metropolis rather than falling under the one-size-fits-all parameters of the Municipal Government Act.

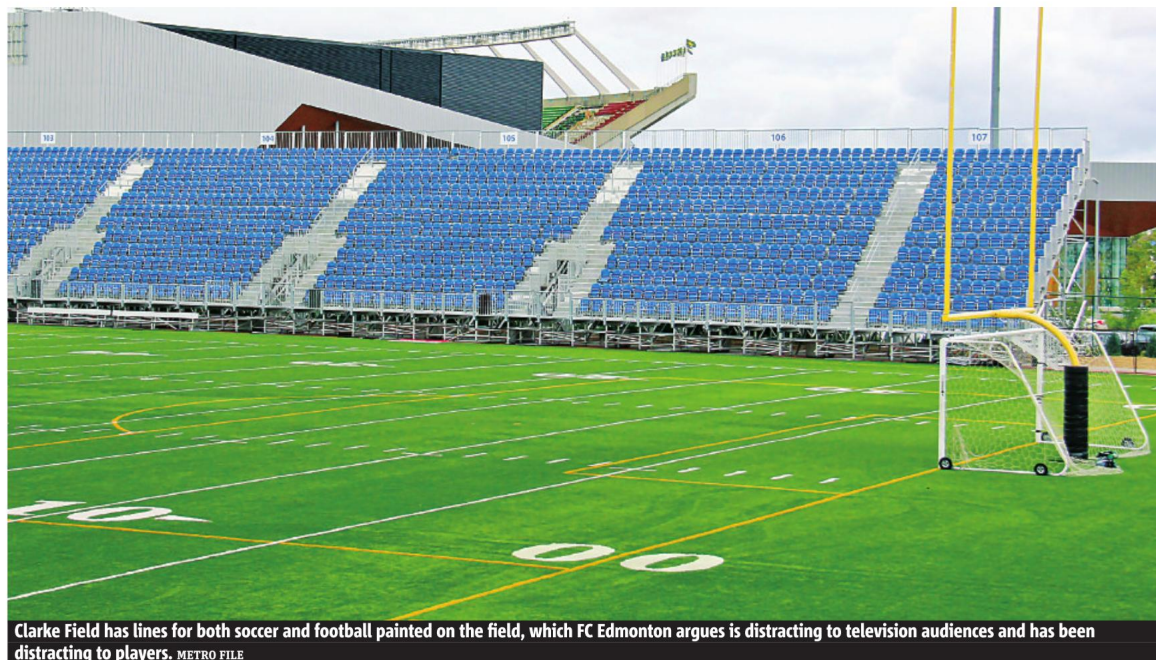
The project, first outlined in June 2012, was delayed last year when the province had to deal with widespread flooding.

The throne speech said there will be help for other municipalities as well. The government plans to renew a multibillion-dollar long-term municipal sustainability initiative. The program delivers lump sums to municipalities to spend on roads, community buildings and sports facilities.

And funding for a program that grants money for public-transit projects is also to be renewed. The current budget allocation for Green-Trip is \$200 million.

Ethell said the province will also finish overhauling the Municipal Government Act and figure out ways to solve overlapping growth in a rapidly developing province.

"We know that Alberta's success depends on all regions of the province, no matter how small, being able to meet that growth head on." **THE CANADIAN PRESS**



Clarke Field has lines for both soccer and football painted on the field, which FC Edmonton argues is distracting to television audiences and has been distracting to players. METRO FILE

# Football groups stake turf to Clarke Field

## Upgrades. City moves forward on change to help FC Edmonton



RYAN TUMILTY  
ryan.tumilty@metronews.ca

Edmonton's minor football associations insisted Tuesday that any plans to upgrade Clarke Field for FC Edmonton should not come at their expense.

A needed replacement of Clarke's turf will likely go ahead later this year at a cost of \$1.25 million, and in response to concerns from FC Edmonton, the field will be set up so

it can only have the lines for soccer during FC Edmonton games.

FC has tried to televise its games, but broadcasters have complained because the current field has lines for both football and soccer, which have even confused players at times.

Tim Enger, the technical director for Football Alberta, said they want to make sure any changes won't make it harder for minor and high school football teams to use the field.

"The needs of a professional soccer player need to be just as important as a junior or high school football player," he said.

FC Edmonton owner Tom Fath said he is confident the new arrangement can work.

"We have always felt that there is enough room there for everyone, we only play 14 to 16 games per year," he said.

Fath said the team has been growing its fan base, but they need a boost to make the team sustainable long-term.

"We need some game changers and we need to be playing on a field with just soccer lines," he said.

Replacing the turf is the first part of a longer-term strategy council also discussed Monday that could eventually lead to a new medium-sized soccer stadium for 20,000 fans, which

## Stadium debate

In the event that weather or other factors delay repainting of lines at Clarke Field, the city envisions using Commonwealth Stadium as a replacement.

could cost \$120 million.

Mayor Don Iveson stressed that replacing the turf at Clark doesn't commit the city to building the new stadium.

"I am really leery about anybody getting their hopes up about the construction of a new nine-figure sports stadium."

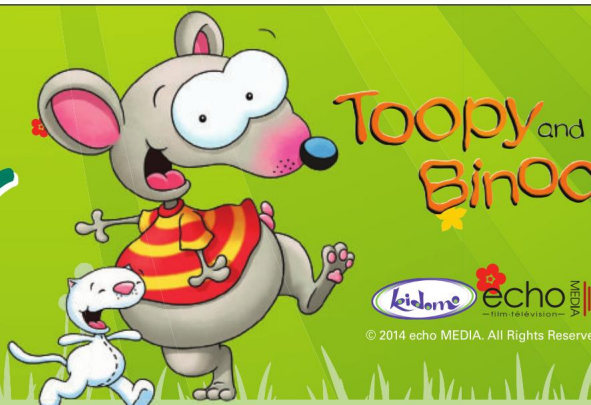
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# 'He was a happy-go-lucky guy'

**Homicide.** A son honours his father by supporting local community

LEAH  
GERMAIN  
edmonton@metronews.ca

Just weeks after his father was killed in Edmonton's first homicide of 2014, Calvin Waquan packed up his van to deliver crates full of pancake mix, water and potatoes to elders living in Fort Chipewyan.

Describing his father as a happy-go-lucky guy, Waquan said the loss not only impacted family in Edmonton, but Fort Chipewyan — a

northern Alberta community about two hours out of Fort McMurray — where his father grew up.

"Right now for the family it's like a dream," said Waquan, who is currently living in Fort Chipewyan and working as a teacher. "Everybody is still floating through it."

Douglas Allan Waquan, 51, was killed Jan. 1 in a downtown Edmonton apartment building. Edmonton police charged Perry Kenowekesequape, 36, for manslaughter in connection with the death.

After attending a residential school in Fort Chipewyan as a boy, Waquan said his father moved himself and his sister to Edmonton in hopes they would have more opportunities.

"My father didn't want me to grow up in the community up here," he explained. "I excelled in academics and hockey, so he wanted me in Edmonton, but we always kept close to family."

To honour his late father, Waquan launched a Facebook and Kijiji campaign to collect food donations — including water, potatoes, flour, oil, butter and sugar — to take back to the northern community.

Constantly dealing with food scarcity and high costs,



A photo of Douglas Allan Waquan, who was killed Jan. 1 in Edmonton. FACEBOOK

Waquan said it's a struggle for families to find even the simplest of groceries.

"It's draining the community just buying food

products," he said. "After my father passed away a lot of people gave food products, including water, during the three-day wake up here."

After collecting more than \$4,000 in donations from the Edmonton Food Bank, local churches, family, friends and even old hockey

teammates, Waquan loaded up his van and make the seven-hour commute back up to Fort Chipewyan to deliver the stock.

## Photographing #5ofedmonton

The big picture is what one Edmonton photographer is looking at by searching for the city's top five do-gooders and highlighting them in photographs.

Called #5ofedmonton, photographer Taylor Burk wants to take five unique photos of Edmontonians who make a positive impact in the city by getting them to pose in different places in the city. "Edmonton is my hometown and I like to see people

**Instagram followers**  
**24,000**  
Taylor Burk has over 24,000 followers on Instagram.

doing things positively," said Burk.

Wanting to further promote the good image of the city, Burk is asking people to nominate individuals along

with providing a short blurb on why they are so great.

"They could be someone who started up an active group, a new restaurant or coffee shop, whatever it is that makes Edmonton a better place," he wrote in his project description for Make Something Edmonton.

After the photographs are taken, Burk plans on promoting the do-gooders on social media to further encourage people to learn about what is

being done.

"I want to show people who are enhancing the city. It gives people more exposure," he said.

Burk was recently made a "Suggested User" on Instagram, and wants to use his new-found followers to spread the good word being done in Edmonton.

People can nominate individuals by emailing taylorburk3@hotmail.com.

STEPHANIE DUBOIS/METRO



Sahr Saffa, a member of MadeinEDMTN, was profiled in this photo, something photographer Taylor Burk wants to do as part of his #5ofedmonton project. COURTESY TAYLOR BURK

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## Empower. New app aims to help those dealing with domestic violence

Alberta women and men fleeing from domestic violence could have help at their fingertips, thanks to an app started by a University of Alberta student.

Since September, student Lindsay Redman has been working on Empower, an app that will provide users with information on the different types of abuse, identify red flags and even plot users on the cycle of abuse.

"(The app) will fine-tune the type of resources that person needs," said Redman, who is studying education.

It will also include a forum for individuals to share their experiences and a section for family and friends "to support their loved one who is being abused."

Once launched, the app will work with Google Maps and connect people around the world to local support services.



U of A student Lindsay Redman.  
STEPHANIE DUBOIS/METRO

Redman is funding the creation of the app herself, but is also looking to work with local groups in spreading the word. A fundraising concert will be held March 28.

The app is being created by local developers and is expected to launch in July.

STEPHANIE DUBOIS/METRO

## Task force. City aiming to eliminate poverty

The city is pushing ahead with plans to get rid of poverty in Edmonton.

City councillors approved the formation of a task force Monday with the goal of eliminating poverty in the city.

Anne Smith, the president and CEO of the United Way, who worked on the project's steering committee, said they deliberately chose to focus on the lofty goal of completely eliminating poverty, because they think it will do the most good.

"I think it is less about

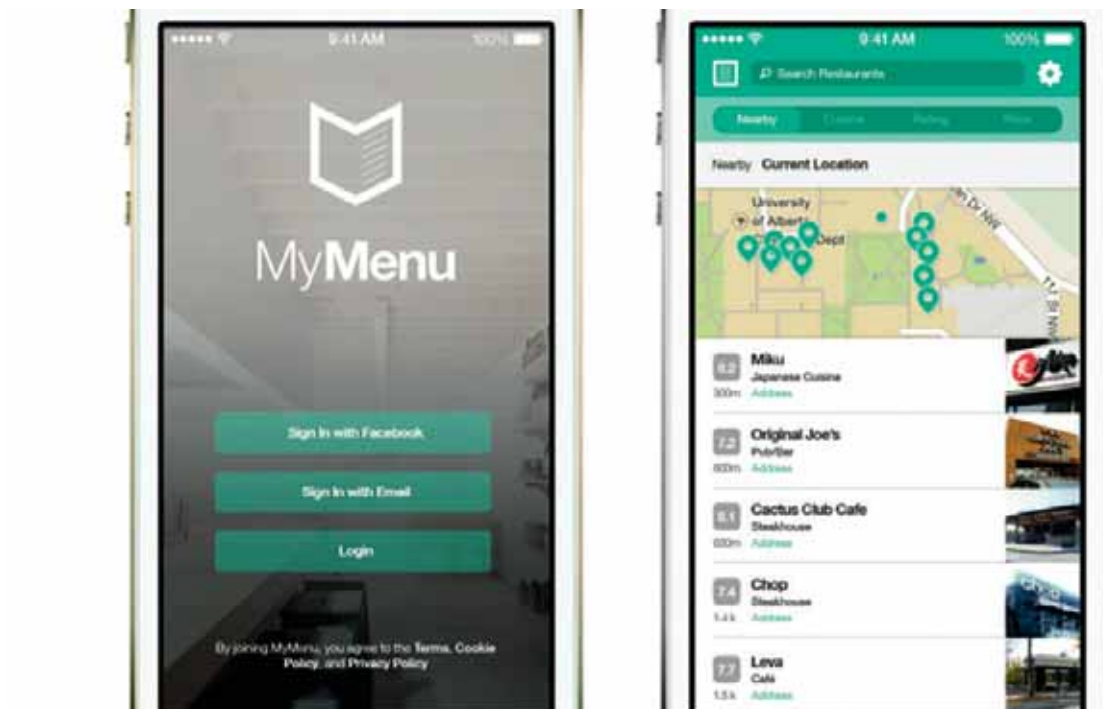
the goal and more about the attitude," she said.

The committee plans on working on issues like access to education and proper health care for individuals, as well as boosting incomes and reducing the costs of basic services like food and shelter.

Coun. Amarjeet Sohi said a province with as much opportunity as Alberta should be able to do this.

"If we cannot eliminate poverty in Alberta, the richest province, then I don't think it can be done."

RYAN TUMILTY/METRO



A screenshot of MyMenu, just one of the startup ideas vying for a spot at the University of Alberta's eHub. CONTRIBUTED

# Students vie for eHub opportunity

## Startups. Coveted space in program up for grabs



LEAH GERMAIN  
leah.germain@metronews.ca

Imagine a world where restaurant choices aren't limited by dietary restrictions — a world where a restaurant's menu is just a finger tap away. That's a world where Joel Wegner

wants to live.

Along with four fellow University of Alberta students, Wegner is working to develop an app that would offer Edmontonians the opportunity to peruse menus on a smartphone as part of a new entrepreneurship initiative at the university.

Along with more than 39 other groups with innovative startup ideas, Wegner will be pitching his plan March 7 to a group of judges in hopes of nabbing \$2,500 and a coveted

key to eHub — a special space offered to U of A students.

"This is about them thinking deeply about their startup idea," said Dr. Qasim Rasi, eHub director.

"Our province is very entrepreneurial," said Rasi. "Our students are very entrepreneurial. We just have to give them the catalyst."

Rasi explained the purpose of the initiative is to take the A-plus business plans produced each year at the university and connect students with other

departments so they can turn those ideas into functioning enterprises.

For Wegner and his teammates, getting connected with a group of students from the computer programming and engineering departments has allowed them to transform their idea from paper to reality.

"eHub has basically been a nurturing incubation process for us," said Wegner, adding Rasi has connected the MyMenu team with graphic designers and mentors.

## Celebrating Icelandic culture

Edmontonians can't get enough of Iceland, so organizers are bringing Reykjavik and other Icelandic cities to Alberta's capital starting Wednesday.

Popularity of flight sales leaving Edmonton to Reykjavik has helped spur the second year of the free Taste of Iceland festival.

"The enthusiasm has been incredible," said Michael Raucheisen, marketing and communications co-ordinator for the Americas with Icelandair.

The first direct flight to

Reykjavik from Edmonton leaves Wednesday, after a huge demand prompted Icelandair to change the flight from four days a week to five. The flight leaves the same day Edmontonians can get a taste of Iceland through the Icelandic Menu at Characters Fine Dining, running until Saturday.

The two countries converge for two free Reykjavik Calling concerts, with both local musicians and three Icelandic musicians.

For more information on the festival, visit [icelandnaturally.com](http://icelandnaturally.com). STEPHANIE DUBOIS/METRO



Icelandic singer Lay Low will perform at Taste of Iceland this week.  
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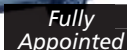
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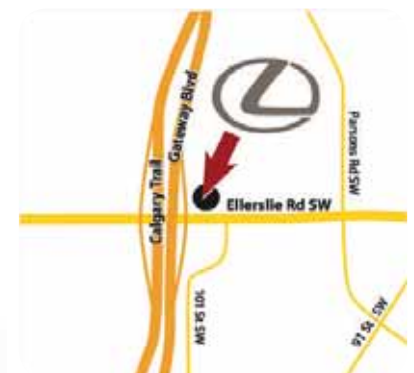
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## Air ignorance. Passenger's sexist note sends veteran pilot's anger sky-high

Sexist remarks about a female pilot left on a passenger's napkin aboard a Calgary flight bound for Victoria Sunday have prompted a heated response from the seasoned flier.

Carrie Steacy, a pilot of 17 years who currently works for WestJet, said she was "shocked" when alerted to the message left by someone named "David," who was believed to be seated aboard Flight No. 463.

David wrote that the cockpit of an airplane is "no place for a woman," and asked that WestJet alert him the next time "a fair lady is at the helm, so I can book another flight!"

Steacy didn't take the comments lying down, posting a heated response to her Facebook page that instantly generated hundreds of reposts and comments.

"I respectfully disagree with your opinion that the 'cockpit' (we now call it the flight deck as no c\*\*\*s are required) is no place for a lady," she said. "In fact, there are no places that are not for ladies anymore."



A portion of a note left aboard a Calgary flight has stirred criticism from the female pilot. FACEBOOK

"I just couldn't believe there are still people in this country that think like that," Steacy told Metro. "It just shocked me."

WestJet was also quick to denounce the comments.

"We take enormous pride in the professionalism, skills and expertise of our pilots and this note is very disappointing," spokesman Robert Palmer said in an emailed statement.

JEREMY NOLAIS/METRO IN CALGARY,  
WITH FILES FROM EMILY JACKSON



## Sask. lawyer suing Sun News host in \$100K defamation suit

Ezra Levant is shown at the University of Ottawa in March 2010. Saskatchewan lawyer Khurram Awan, who says Levant defamed him in a series of blog posts, is seeking \$100,000 in damages. Levant caused "tremendous" damage to Awan with posts labelling him a jihadist and a liar, the lawyer alleged Monday as his defamation lawsuit against the controversial Sun News Network personality went to trial. PAWEŁ DWULITZ/THE CANADIAN PRESS

# Pot program 'compromised' by rapid growth, feds claim

**'Significant unintended consequences.'** Growing medical marijuana at home poses fire hazards, threat of crime for users, says government

The unforeseen growth of the federal medical marijuana program has "seriously compromised" the goal of providing the drug to patients while ensuring public safety, the government says.

The number of people au-

thorized to possess — and often grow — marijuana under the federal program has risen to 37,000 this year from fewer than 100 in 2001, resulting in "significant unintended consequences."

In a court document defending imminent changes to the program, the government says growing marijuana at home poses hazards including mould, fire, toxic chemicals and the threat of home invasion by criminals.

It says the number of licensed users could climb as high as 400,000, adding it is not possible for Health Canada to

### Injunction requested

Several B.C. residents are asking the Federal Court of Canada for an injunction that would allow them to continue growing their own pot.

- They argue the planned new system would deny them a safe, affordable supply of the particular strain of marijuana that meets their medical needs.

effectively inspect tens of thousands of production sites across

the country.

The government also rejects legal arguments that denying people the right to produce their own pot would violate their Charter of Rights guarantee of "security of the person."

Under the existing program, people are issued licences to cultivate marijuana for personal use to help ease painful symptoms. Beginning April 1, the government plans to allow only select commercial producers to grow marijuana under "secure and sanitary conditions" for distribution to approved patients by mail.

THE CANADIAN PRESS

## Quebec. Dead body found was that of former Liberal politician, police confirm

Quebec provincial police say a woman found dead Saturday in the town of Matane is Nancy Charest, a former Liberal member of the national assembly.

The 54-year-old Charest was found near Highway 195, about 400 kilometres north-east of Quebec City.

Police say their investigation leads them to believe she was not the victim of foul play.

A coroner will perform an autopsy to confirm the exact cause of death.

Charest, who was not related to former Liberal premier Jean Charest, was a member of the legislature from 2003 to 2007 before being defeated by a Parti Quebecois candidate.

She also had two unsuccessful runs as a candidate for the federal Liberals, in 2008 and 2011. THE CANADIAN PRESS

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# Russia setting agenda in Ukraine

**'Dangerous escalation.'** The U.S. government warned they would hold Russia accountable for threats to Ukraine's navy

Russian troops said to be 16,000 strong tightened their stranglehold on Ukraine's Crimean Peninsula on Monday, openly defying the U.S. and the European Union and rattling world capitals and stock markets.

The West struggled to find a way to get Russia to back down, but with little beyond already threatened diplomatic and economic sanctions, global markets fell sharply over the prospect of violent upheaval in the heart of Europe.

For its part, Moscow reiterated its price for ending the crisis: Restoration of a deal reached with the opposition less than two weeks ago to form a national unity government in Kyiv that represents pro-Russian as well as Ukrainian interests,

with new elections to be held by December.

Ukraine, meanwhile, accused Russia of piracy for blocking two of the besieged country's warships and ordering them to surrender or be seized.

The U.S. originally estimated that 6,000 Russian troops were dispatched to Crimea, but Ukraine's mission to the United Nations said Monday that 16,000 had been deployed. That stoked fears that the Kremlin might carry out more land grabs in pro-Russian eastern Ukraine.

U.S. Secretary of State John Kerry was headed to Kyiv in an expression of support for Ukraine's sovereignty, and the EU threatened a raft of punitive measures as it called an emergency summit for Thursday. The Pentagon said it was suspending exercises and other activities with the Russian military.

But it was Russia that appeared to be driving the agenda.

Foreign Minister Sergey Lavrov said at a UN Human Rights Council session in Geneva that



Russian President Vladimir Putin, centre, Defense Minister Sergei Shoigu, left, and the commander of the Western Military District Anatoly Sidorov, right, walk to watch military exercises near St. Petersburg, Russia on Monday.

MIKHAIL KLIMENTYEV/PRESIDENTIAL PRESS SERVICE/RIA-NOVOSTI/THE ASSOCIATED PRESS

Ukraine should return to an agreement signed last month by pro-Russian President Viktor Yanukovich — but not Moscow — to hold early elections and surrender some powers. Yanukovich fled the country after sealing the pact with the opposition and foreign ministers of France, Germany and

Poland.

The latest flashpoint came when Ukrainian authorities said Russian troops had issued an ultimatum for two of the besieged country's warships to surrender or be seized.

"I call on the leadership of the Russian Federation. Stop the aggression, stop the provo-

cations, stop the piracy! These are crimes, and you will be called to account for them," said acting Ukrainian President Oleksandr Turchynov.

"The commanders and crews are ready to defend their ships. They are defending Ukraine," Turchynov said.

THE ASSOCIATED PRESS

## Tactics

### Not so quiet on the Western Front

The U.S. and major allies strained on Monday to rally a strong Western front to persuade Russia to step back from a military takeover of Ukraine's strategic Crimea region. But several acknowledged there are few options beyond already-threatened economic and diplomatic penalties, and critics said Obama administration efforts were too little.

President Barack Obama called the Russian advance in Crimea a violation of international law. He urged Congress to approve an aid package for the Ukrainian government. THE ASSOCIATED PRESS

## Egyptian cops sentenced for death sparking 2011 uprising

A court sentenced two policemen on Monday to 10 years in prison for the 2010 brutal beating death of a young Egyptian that became a rallying cry for the protesters who overthrew longtime autocrat Hosni Mubarak.

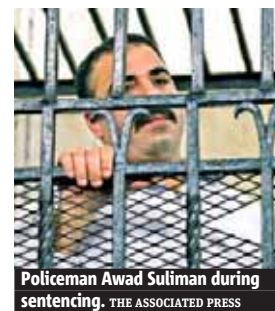
Rights groups however said the years-long wait before anyone was held accountable for the killing of 28-year-old small businessman Khaled Said in the port city of Alexandria highlights that the wider problem of police abuse, a major grievance of the 2011 protesters, remains unresolved.

Photographs of the dead Said's face, disfigured by what

appeared to be a brutal beating, were posted on the Internet and became a rallying cry against torture and other police brutality under Mubarak. Activists used a Facebook page set up in Said's memory to call for the protests that ultimately forced Mubarak from power in February 2011.

Authorities long denied that Said was killed, with successive forensic reports and official statements claiming he had choked on a packet of drugs he swallowed to hide it from the approaching policemen.

The two low-ranking policemen — Awad Suliman and Mahmoud Salah — had previ-



Policeman Awad Suliman during sentencing. THE ASSOCIATED PRESS

ously been convicted and handed sentences of seven years but that conviction was later overturned and a new trial was ordered. THE ASSOCIATED PRESS

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### Agricultural woes

#### Mozambique facing famine

Mozambique agriculture minister Jose Pacheco says that more than 300,000 people in the southern African state face famine this year. Pacheco said the famine has been caused in part by flooding and insect plagues.

THE ASSOCIATED PRESS

### North Korea

#### Missionary deported

North Korea on Monday deported Australian John Short for spreading Christianity near a Buddhist temple in Pyongyang on Feb. 16, saying he apologized for his anti-state religious acts and requested forgiveness.

THE ASSOCIATED PRESS

### Pompeii

#### Wall of ancient shop collapses

A section of wall around an ancient shop in Pompeii is the latest casualty of rain in one of Italy's most popular archaeological sites. The damage is in an area long closed to the public, at the edge of the excavations of the ancient Roman city.

THE ASSOCIATED PRESS



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## Iran

Uranium stock cut,  
UN nuke chief says

Iran is cutting its stock of uranium that is closest to atomic weapons grade as mandated in a deal with six world powers, the head of the UN nuclear agency said Monday.

But Yukiya Amano noted that the International Atomic Energy Agency remains short of money to be able to monitor Tehran's compliance with the agreement.

THE ASSOCIATED PRESS

## Pakistan

Gunmen attack  
court complex

Gunmen stormed Pakistan's main court complex in Islamabad on Monday, cutting down fleeing lawyers before blowing themselves up in a rampage that killed 11 people. It was the deadliest attack in Islamabad since a 2008 truck bombing killed 54 people.

THE ASSOCIATED PRESS

Death row. U.S. top court  
skeptical of IQ tests in  
deciding inmate's fitness

The U.S. Supreme Court appeared likely Monday to say that states can't rely on intelligence test scores alone in borderline cases to determine that a death row inmate is mentally able and thus eligible to be executed.

The justices heard arguments in a challenge from a Florida inmate who says there is ample evidence to show that he is mentally disabled and protected from being put to death, even though most of his IQ scores have topped 70. That score is widely accepted as a marker of mental disability, but medical professionals say that test results have a margin of error and are just one factor in determining mental disability.

The case centres on how authorities determine who is eligible to be put to death, 12 years after the justices prohibited the execution of the mentally disabled.

In Florida, an intelligence test score higher than 70 means an inmate is not men-

## Also to be ruled on ...

The court agreed to hear two cases during its next term that involve matters of personal hygiene in vastly different settings.

- In one case, the court will decide whether an Arkansas inmate must be allowed to grow a short beard in accordance with his religious beliefs.
- The high court is also taking up a North Carolina case in which the state's dental regulatory board argues that only dentists should be allowed to whiten teeth.

tally disabled, even if other evidence indicates he is.

Inmate Freddie Lee Hall, convicted of killing a 21-year-old pregnant woman in 1978, has scored above 70 on most of the IQ tests he has taken since 1968. THE ASSOCIATED PRESS



## Witness at Pistorius trial recalls screams

Oscar Pistorius, 27, is escorted out of the high court after the first day of his murder trial in Pretoria, South Africa, Monday. The first witness — Michelle Burger, who lives about 180 metres from Pistorius's house — testified to hearing "blood-curdling" screams from a woman before she heard four gunshots on the night the double-amputee Olympian killed his girlfriend. Pistorius is charged with murder with premeditation in the shooting death of girlfriend Reeva Steenkamp in the pre-dawn hours of Valentine's Day 2013. THE ASSOCIATED PRESS

Obama pressures  
Israel as peace talks  
deadline looms

**Israeli-Palestinian conflict.** U.S. seeking to get both sides to sign a framework by the end of April

Seeking to salvage an elusive Middle East peace plan, U.S. President Barack Obama pressed Israeli Prime Minister Benjamin Netanyahu Monday to make the "tough decisions" needed to move forward on talks with the Palestinians.

But facing a U.S.-imposed April deadline, the Israeli leader declared pessimistically that, "Israel has been doing its part and, I regret to say, the Palestinians have not."

Obama and Netanyahu spoke before a White House meeting on a snowy Monday in Washington.

The meeting marked a more direct foray by Obama into the peace negotiations, which he has so far largely ceded to Secretary of State

## West Bank settlements

Building activity  
doubled last year

Israel began building more than twice as many contentious West Bank settlement homes in 2013 than it did the previous year, Israel's central bureau of statistics said Monday, just hours before its prime minister faced President Barack Obama in Washington.

In its annual roundup of the Israeli housing market, the bureau said work began on 2,534 new housing units in the settlements in 2013, compared to 1,133 in 2012. Nationally, Israel had a 3.4 per cent increase in housing starts over the same period.

The two leaders have been at odds over Israel's settlement policies on war-torn land.

THE ASSOCIATED PRESS

John Kerry.

Kerry has made nearly a dozen trips to the region over the past year and is seeking to get both sides to sign a framework by the end of April that would serve as a guide for negotiations on a permanent solution to the long-running conflict between the Israelis and Palestinians.

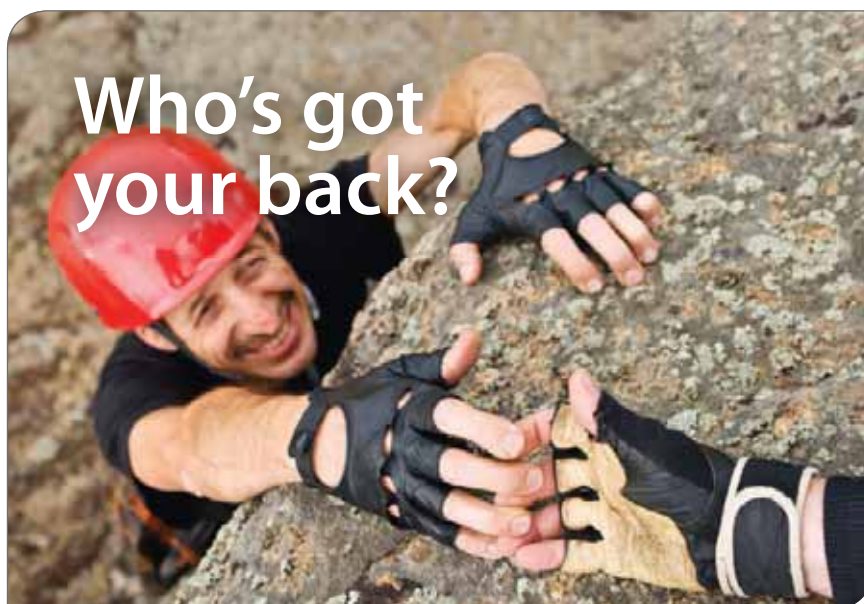
The framework aims to address the core issues in the

dispute, including borders between Israel and a future Palestine, the fate of Palestinian refugees and the status of the holy city of Jerusalem.

"Some tough decisions are going to have to be made," Obama said.

The president will meet in Washington later this month with Palestinian Authority President Mahmoud Abbas.

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# Want to make thousands at home?

**Do your research first.** Herbalife's posters offer an easy way to make cash, but the company is facing pyramid scheme allegations



JESSICA SMITH CROSS  
Metro in Toronto

Have you seen a poster in your neighbourhood offering the chance to work from home?

There's a good chance it's for Herbalife, a behemoth, international, publicly traded multi-level marketing company that's sold weight-loss and health products for more

than 30 years.

The flyers don't mention allegations the company is a massive pyramid scheme that could one day collapse or be shut down, putting the fortunes of some of the world's poorest and richest people at stake.

A U.S. senator has called on the Federal Trade Commission to investigate if Herbalife is a pyramid scheme.

The New York Post, citing anonymous sources, reported the Canadian Competition Bureau — Canada's version of the FTC — has launched an investigation of its own, based on Canadians' complaints. The bureau would not confirm an investigation because its investigations are confidential.

There are approximately three million Herbalife distributors in 92 countries across North and South America, Europe, Asia, the Middle East and Africa — more than 13,000 in Canada.

Distributors make money two ways. The first is buying the products from Herbalife at a discount from the suggested retail price and re-selling them at a profit.

The second is payments from the company, which include a percentage of the money spent on Herbalife products by the people they recruit to become Herbalife distributors, and the people they in turn recruit, and so on, who are collectively called their "downline."

The company also issues

bonuses and all-expenses-paid vacations to certain distributors with high-performing downlines.

Pyramid schemes, which are illegal in most of the world, including Canada, are a type of fraud that involves participants recruiting more and more participants, where those at the top profit and those at the bottom lose out.

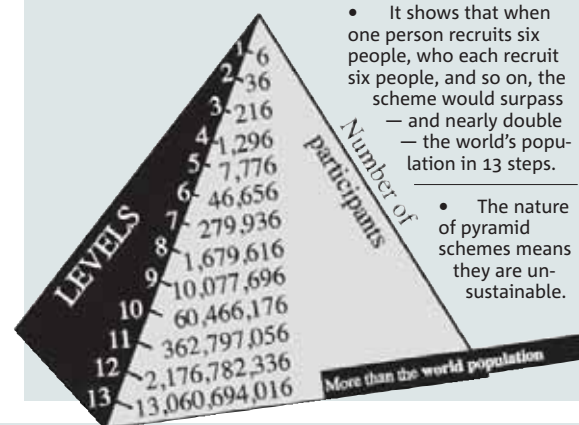
## More online

Find out what happened when Metro reporter Jessica Smith Cross went undercover as a prospective Herbalife distributor, at metronews.ca.



## Hard to climb a pyramid

This graphic, created by the U.S. Securities and Exchange Commission, illustrates a pyramid scheme.



## Hope vs. reality

### Reading between Herbalife's lines

If you search for Herbalife online, you can find video testimonials of distributors with their expensive homes and cars.

But do those videos match reality?

To learn how Herbalife works, we called the number from a "WORK FROM HOME" flyer, listened to the pitch and signed up. Here's what we learned about new recruits' high hopes and the reality of Herbalife.

#### Herbalife hope

- New Herbalife distributors make money by selling the products. They buy product at 75 per cent of its retail price and can make 25 per cent profit.

#### Herbalife reality

- The profit margin is smaller and depends on where you live and how much product you order at once thanks to taxes and high shipping and handling fees. For example, if a new Toronto-based distributor orders the core products for a customer who pays the retail price of \$102.75, the distributor's profit is just \$5.95 — a margin of just over five per cent, and doesn't include overhead — such as gas and the cost of putting up flyers or setting up websites to attract customers.

#### Herbalife hope

- Selling Herbalife products at the suggested retail price is easy.

#### Herbalife reality

- There are about three million independent Herbalife distributors worldwide and many sell the products on sites such as eBay at significant discounts from the suggested retail price.

#### Herbalife hope

- Distributors can get a better profit margin — 50 per cent — by becoming a "supervisor" through buying \$4,000 worth of product from Herbalife in one month or \$2,500 and \$2,500 in two consecutive months, and reselling it.

#### Herbalife reality

- Some Herbalife distributors become a



A screen shot of a Herbalife testimonial from Herbalife Chairman's Club member Doran Andry. In the video, he says: "I step out of the Ferrari, the Bentley, or whatever, and people go — 'what does that guy do for a living?' — and I go, 'I'm a Herbalife independent distributor,' and people are absolutely amazed." YOUTUBE

"supervisor" by paying Herbalife \$4,000 for a large shipment of product at a discount before they have the customers to sell it to, hoping to turn a greater profit. Former distributors say they've ended up stuck with product they can't sell at a profit, and unload it online.

#### Herbalife hope

- Herbalife distributors have become wealthy by building up large "downline" organizations.

#### Herbalife reality

- Only about one per cent of the 13,786 Canadian Herbalife distributors in 2012 made more than \$10,000 all year from their "downline" sales organizations. Nine Canadians earned in the hundreds of thousands or millions of dollars.

The vast majority — 96 per cent — of Canadian Herbalife distributors made less than \$1,000 from their "downlines."

#### Herbalife hope

- The people who don't make money just aren't trying hard enough.

means they, or someone in their downline, bought a significant amount of product from Herbalife — but three out of four of them made less than \$1,000 in compensation in 2012.

#### Herbalife's response:

"Approximately 70 per cent of Herbalife members join to get a product discount and have no intention of trying to make any money. For the others, Herbalife offers an opportunity to supplement an income or build a business, based on their individual goals and efforts. As part of our commitment to our members, we believe Herbalife sets a new industry standard in terms of its consumer-protection policies, including clear, accurate

and timely disclosures to prospective members regarding potential income-generating opportunities; no minimum purchases and low start-up cost; generous refund policies covering the nominally priced start-up kit and resalable product."





# Ball's back in Bill Gates' court as he regains title

**Spinning in his favour.**  
Billionaire philanthropist named world's richest person, with his net worth estimated at \$76B

Microsoft co-founder Bill Gates is back on top of the list of the world's richest people after a four-year hiatus.

Forbes magazine announced its ranking of the world's billionaires Monday.

Gates, who led the list for 15 of the past 20 years, won the spot back from Mexican telecom mogul Carlos Slim Helu, who had topped the list for the past four years. Gates' net worth is estimated at \$76 billion US; Slim Helu follows at \$72 billion US.

Spanish clothing magnate Amancio Ortega, known for the Zara retail chain, maintained his third-ranked spot and came out ahead of famed U.S. investor Warren Buffett, who ranked fourth. Larry Ellison of Oracle came in fifth.

Forbes says a record 1,645 billionaires made the list this year, with an average net worth of \$4.7 billion US. That's up from 1,426 billionaires last year with a net worth of \$4.2 billion US. Total net worth of this year's list was \$6.4 trillion US, up from \$5.4 trillion US last year.

The magazine said that 1,080 of the billionaires were



Warren Buffett watches Bill Gates use an oversize paddle as they play doubles against a table tennis prodigy back in 2012. Gates is once again the world's richest person while Buffet came in fourth place. NATI HARNIK/THE ASSOCIATED PRESS FILE

self-made, 207 inherited their wealth and 352 inherited a portion but are still growing it.

The largest net worth gainer on the list was Facebook's Mark Zuckerberg, who more than doubled his fortune to \$28.5 billion US as the value of his company's stock soared. He ranks 21st

on the list.

The social-media giant helped bring a few notable newcomers to the list, including Facebook's Chief Operating Officer Sheryl Sandberg and WhatsApp founders Jan Koum and Brian Acton, who recently sold their business to Facebook for \$19 billion US.

Forbes said 268 billion-

aires were new to the list, beating out a prior high of 226 newcomers in 2008. And a record number of women made the list this year, with 172 women joining, up 25 per cent from last year.

Altogether 100 people dropped out of the rankings, while 16 passed away.

THE ASSOCIATED PRESS

Peter Mansbridge

## CBC anchor fights back after report of paid speaking gig

CBC News anchor Peter Mansbridge defended himself Thursday after a report that he made a paid speech to petroleum producers, saying he has

never publicly promoted or opposed oil sands development.

"If I leave a speech and those in attendance think they know where I stand on any controversial issue, then they're guessing. Because they won't find it in the words I've spoken," he wrote in a blog post on the CBC website.

THE CANADIAN PRESS

Market Minute



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Learn more about us

Whether it's actually a joke, cultural commentary or a serious business venture, Bite Labs has Twitter users licking their lips in anticipation. CONTRIBUTED

# Treating stars like a piece of artisanal meat

CRAIG  
GOODHEW  
Metro World News

How does Kanye West taste? It's a mystery that has cruelly eluded mankind. But Bite Labs is promising to provide answers for a range of celebrities, to create haute-couture meats through lab-developed tissue samples. A spokesperson for the organization told us more.

## What was your inspiration?

Bite Labs is a recently formed startup that is trying to get off the ground to provoke a dialogue around what we see as an emerging market space. We think this is a fresh and still relatively untouched market and we're excited to be one of the first major commercial players in it.

## How are you deciding which celebrities — did you consider their flavour?

We've consulted with culinary experts about developing flavour profiles for our celebrities. The four celebrities on the website do not necessarily make our final selection. In fact, we're willing to take any celebrity as a candidate. We've asked that our audience simply tweet at the celebrity they are interested in with the hashtag #EatCelebrityMeat.

## How are negotiations going to secure the tissue samples — do you need permission?

As of now, we have not accepted any requests to get tissue samples. While many people (some somewhat famous Twitter personalities) have tweeted and emailed us requesting that we take a cell sample from them, we want to reserve our development efforts for more mainstream pop culture celebrities.

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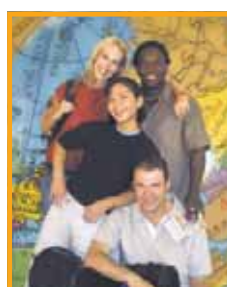
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Proper planning is the key when trying to turn a small business idea into a reality. MONKEY BUSINESS IMAGES/SHUTTERSTOCK

## Small business. A plan is critical

YLVA  
VAN BUUREN  
For Metro

Starting your own business is never as easy as it seems and the better prepared you are going in, the better chance of success you have, says Lee Helkie, a Toronto financial adviser with Advocis, The Financial Advisors Association of Canada.

We often see someone who

wants to start a business because they have a great idea or a passion for something and that is important, Helkie said. "But make sure there's a viable business there that can make money."

Proper planning — financial, operational, marketing, and managerial — is the key to turning the idea into a reality, according to the Canadian Bankers Association (CBA). A business plan is critical.

Here are tips to get you started:

- Keep your emotions in check. Whatever this is, you have to make money. "It's a business — treat it that way," Helkie said.
- Speak to someone in the business so you understand profitability factors and day-to-day logistics (for example, if you want to open a bake shop, bakers have to get up at 3 a.m.)
- Be clear about capital and

cash flow needs. "You don't have to plan to every penny ... but you need to have a guide." • The best financing scenario is that you use your own money, Helkie said. "There's also lots of financing support including government grants for small business ... you just have to be wily about seeking it out." Visit the following link from the Canadian Business Network for more ([canadabusiness.ca/eng/program/search/](http://canadabusiness.ca/eng/program/search/)).

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Ask the right questions when shopping for a mortgage. For example, know what to ask beyond the interest rate, term and amortization. LDPROD/SHUTTERSTOCK

## Borrow these tips for securing a loan

JANE  
DOUCET  
For Metro

When Stephanie Holmes-Winton's clients tell her they want to get a bank loan, the first question she asks is what they plan to do with the money.

"It's important to determine whether it's in the client's best financial interest to borrow," said Holmes-Winton, the CEO of The Money Finder, a Dartmouth, N.S.-based financial services training company.

"If their plan is important enough to put a loan in place then we explore the options."

Holmes-Winton offers these borrowing-savvy tips:

Ask the right questions. When shopping for a mortgage, for example, know what to ask beyond the interest rate, term and amortization. Inquire how much you will owe when it comes up for renewal, if you can put extra payments on it if you want to pay it off faster and if there is a penalty for doing so, and whether there

is a penalty for paying off the mortgage before the end of the term.

Use a line of credit wisely. Home improvements can boost resale value, but only if you don't borrow more than you think you will get back from the reno. "Don't treat a home equity line of credit like a credit card," Holmes-Winton said. "And ask if it shows up on your credit score because it could skew the score." Find out the interest rate and check to see if there are penalties for paying it off early.

Look beyond monthly payments. To buy a new car, you can get a loan through a bank or the dealership. When hammering out financing with the dealer, don't get suckered by a low sticker price. "We get sold on low monthly payments, but they can be stretched out to eight years," Holmes-Winton said. At that point, you would still be paying the loan while your wheels might need major repairs. Ask about monthly cost add-ons such as life insurance and extended warranty.

\*Cash back amounts are: up to 2% cash back on the 5-year CIBC Variable Flex Mortgage® loan and 3-year (or greater) fixed-rate closed mortgage loans; or 3% cash back on mortgage amounts of \$400,000 or more on 5-year (or greater) fixed-rate closed mortgage loans. Minimum mortgage amount \$75,000; maximum cash back amount is \$50,000. Mortgage must fund within 90 days. Cash back is received 7–10 business days after closing and is repayable if mortgage loan is discharged, transferred or renewed before maturity date. Other conditions and restrictions apply. Speak to us for more details or visit [cibc.com/cashback](http://cibc.com/cashback). Offer ends June 30, 2014. Offer may be changed or withdrawn at any time. \*\*Cash back example of \$5,000 is based on 2% cash back on a \$250,000 mortgage amount. ®Registered trademark of CIBC.



# PROPER SPELLING IS SEXY

I was browsing through a popular online dating site on the weekend when I spotted a rather strange request. In the process of completing an online profile, the site asks each new user to share his or her opinion on the concept of "Soul Mates." Incidentally, I think there's something quite sexy about an individual who takes the time to edit his work.

Today happens to be National Grammar Day, a unique holiday that brings together smug copy editors and other faultfinders to celebrate the rules that govern the English language while snickering at the linguistic ineptitude of the general population. And while I think championing proper grammar should be a year-round initiative, it's nice to have a special day for wordsmiths to unite against erroneous writing. For those of us who are afflicted with the nit-picking gene, the world is an upsetting place full of comma splices, dangling modifiers, apostrophe abuse and misspelled words.

Tim Hortons, arguably one of Canada's most iconic and nationalistic institutions, offers a selection of decidedly unpatriot-



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

ic donuts. "Donuts" is the simplified American spelling of the word, made popular by the Dunkin' Donuts chain of coffee shops. North of the border, we favour the lengthier and more pompous "doughnut" for those delicious ring-shaped pieces of heaven. In this case, a spelling error isn't simply a casual mistake but a purposeful assault on our Canadian pride.

If I'm starting to sound like an insufferable stickler for proper sentence structure, it's because I am. I understand that language changes over time — hyphens are dropped as compound words are fused together, the serial comma falls in and out of favour and slang words such as "buzzworthy" and "selfie" get promoted to Oxford Dictionaries — but that doesn't mean we should throw etiquette out the window when it comes to the written word.

In her book *Eats, Shoots & Leaves*, writer Lynne Truss champions the important role grammar plays in clarifying meaning and eliminating ambiguity in writing. She notes that punctuation marks can be thought of as the traffic signals of language.

"They tell the reader to slow down, notice this, take a detour, and stop."

It's easy to dismiss stuffy rules about capitalization and grammar in a world that has been infiltrated by expressive emojis, text-speak abbreviations and 140-character limits. But appropriate punctuation is a necessary courtesy; it helps the reader to understand your message clearly and avoid misinterpretation.

Sometimes a well-placed punctuation mark can even mean the difference between life and death. Consider how a comma creates two very different scenarios in the following sentences:

"Let's eat, Mom!"

"Let's eat Mom!"

In this case, Mom would be very grateful for that simple piece of punctuation.

And if periods and semicolons help us navigate the roadways of language, correct spelling ensures that we are driving a car and not riding an elephant.

So the next time you visit your local Tim Hortons, I would ask that you bring along a copy of *The Canadian Press Stylebook*, highlight the portion that reads "doughnuts (never donuts)," and ask the manager to adjust the menu signage accordingly.

## ZOOM

### A foxy way to predict weather



JUAN KARITA/THE ASSOCIATED PRESS

#### Folk science used to optimize harvests

Farmer and traditional meteorologist Francisco Condori measures rain water with a flow meter in Cutusuma, on Lake Titicaca's southern shore in Bolivia. For centuries, farmers in the fragile ecosystems of the high

Andes have looked to the behaviour of plants and animals to figure out what crops to grow and when. If reeds dried up in the late summer, rainless weather lay ahead, they believed. If the Andean fox made a howling appearance, abundant rains were thought sure to come.

THE ASSOCIATED PRESS

#### Birds' nests foretell rain

### 1.3 feet

This year, birds known as quilli quilli, a diminutive species similar to hummingbirds, built their nests about 40 centimetres (1.3 feet) above the water level. Then they dismantled them twice, finally reweaving their nests at nearly twice their original height, which farmers have used as indicators of how much the lake will rise.

#### Climate change challenge

### "We knew it was going to rain a lot."

Francisco Condori  
Traditional meteorologist in Bolivia  
And so it did, so much so that rivers in the Amazon basin have flooded their banks, submerging thousands of homes. But reading those signs has become more difficult as climate change alters everything from animal behaviour to the weather.

#### Clickbait



**DYLAN ROBERTSON**  
Metro Online



ISTOCKIMAGES

**Not the best at romance? Keeping up is hard to do. These apps can help you stay on good terms with your sweetie. Yes, these are real apps.**

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This app will schedule texts to your significant other based on time and your location. For example, "Thinking of you at work" during the lunch hour when you're in the office. (\$1.99, iOS)

#### Romantic Ideas:

This app helps the uncreative come up with date ideas or surprises. Examples include surprise road trips, photo col-

lages and bedroom shenanigans. (free, iOS and Android)

#### BreakupText or Clean Break Up Texts:

If you have to split, these apps will help you compose a text based on how serious your relationship was, and the reasons you want to break up. (BreakupText: \$1.99, iOS; Clean Break Up Texts: free, Android)

#### Twitter



@Russell\_Barth: cannabis tincture

@YouAreMother: a union

@metropicks asked: Twitter will install 19th century log cabins at its headquarters. What 1800s relic do you want at work?

Follow @metropicks and take part in our daily poll.

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## DVD review

**12 Years A Slave**

Director. Steve McQueen

Stars. Chiwetel Ejiofor, Michael K. Williams, Lupita Nyong'o

•••••

Steve McQueen's superb drama, the newly crowned best picture Oscar winner, doesn't spare the stick, lash or noose in its all-too-faithful recreation of U.S. slave history.

Yet it also finds humanity in one man's determination to free himself and return to his family. There is hope amidst the horror.

The man is Solomon Northup, played with grace, intelligence and strength by Chiwetel Ejiofor (Children of Men). The Oscar-winning screenplay by John Ridley (Red Tails) draws from Northup's bestselling 1853 memoirs of the same name.

Northup is a 19th-century freeborn African-American, a genteel family man living in progressive New York state, who is duped, drugged and abducted by slave traders from the intolerant south. They range from the kindly (Benedict Cumberbatch) to the mercenary (Paul Giamatti) to the downright maniacal (Paul Dano and Michael Fassbender).

Fassbender's Edwin Epps, a Louisiana plantation owner, comes on like a malevolent hurricane, citing holy scripture as justification for his misdeeds. These include illicit sex with a proud young slave woman Patsey (Oscar winner Lupita Nyong'o), whose very presence enrages Epps's wife, Mary (Sarah Paulson).

Brad Pitt's appearance late in the story might be a disruption in a lesser movie. Here he serves as a reminder that nothing could distract us from the exemplary performances of Ejiofor, Fassbender and Nyong'o, or from a film that achieves greatness in its deft balancing of horror and hope.

Extras include several making-of featurettes.

PETER HOWELL



Need For Speed opens next Friday. CONTRIBUTED

# From meth to speed: Aaron Paul shifts gears

**Need For Speed.**

Breaking Bad star gets behind the wheel in fast-paced action flick

COLIN MCNEIL

colin.mcneil@metronews.ca

Jesse Pinkman is about to go fast, bitch.

Fresh off the success of Breaking Bad, actor Aaron Paul's latest vehicle is Need for Speed — a high octane action film loosely based on the most successful racing video game franchise of all time.

Alongside Imogen Poots, Paul stars as all-American tough guy Tobey Marshall, a street racer framed for a crime he didn't commit, and ready for revenge in a cross-country race.

The movie features a laundry list of million-dollar play toys on wheels most of us could only dream of: Lamborghinis, Ferraris, McLarens, Porsches, and Bugattis, to name a few.

Paul's character pilots an iconic muscle classic with some 21st century power under the hood — a custom Ford Mustang.

But in real life?

**Quoted**

"My first car was an '82 Toyota Corolla. It was a manual, the second gear didn't work, I had to skip from the first to the third; any time it would rain the trunk would fill up with water. I took such good care of that car though. I loved it so much."

Aaron Paul on his introduction to the world of cars

"My first car was an '82 Toyota Corolla," says Paul.

"It was a manual, the second gear didn't work, I had to skip from the first to the third, any time it would rain the trunk would fill up with water.

"I took such good care of that car though, I loved it so much."

I hate to Break it to 'Bad fans, but Tobey Marshall hasn't got much in common with beloved meth-rat Jesse Pinkman, except maybe that bad boy image. "He's got a leather jacket so he's definitely an anti-hero," laughs Paul.

"So did Sandy, from Grease," adds co-star Poots. "I'm just saying."

Going from the intensely character-driven drama of Breaking Bad to a nitro-powered action flick was "like a night and day difference," says Paul.

He credits the film's stuntmen with making his character look badass while he sits back and watches.

"What's hilarious is that they're actually very, very gentle guys," says Poots of the film's stunt performers.

"They're kind of tough on the outside but on the inside they're all kind of..."

"Softies," says Paul.

"Yup," agrees Poots.

But despite the help of badass stunt people, Paul still had to go through an intense driving course to prepare for some of the more hands-on scenes in Need for Speed.

"I learned how to do reverse 180s, drifting around corners, a full 360 while driving and then driving out of it, or drifting to the side and stopping on a mark," he says.

While Paul became an amateur stunt driver in

**Paul on video games**

- What was it like speaking at E3? "Terrifying," says Paul. "Standing in front of thousands of people, in front of gamers, it was fun, I mean, it was great, but I was terrified, let's be honest."

- On the Need for Speed games. "I definitely had played the game," he says, "I didn't realize they had made 15 of them, and I didn't realize how successful they were. And I knew there was no narrative, so this film was kind of working with a blank canvas."

his own right, Poots isn't quite as confident behind the wheel. "I'm not really a car person at all really," she admits. "I have a push-bike, and I'm lacking in a driver's license pretty much all the time."

"I live in Los Angeles, the whole thing [driving] is fundamentally ridiculous."

But all those muscle cars and leather jackets must have had some effect on her. "I've got heaps of balls, as a result of Need for Speed," she laughs.





Leonardo DiCaprio ALL PHOTOS GETTY IMAGES

## And the defendant is...: Leo leaves the Oscars with a lawsuit in tow

As if going home from the Oscars empty-handed weren't bad enough, now Leonardo DiCaprio is being sued — along with the other producers of last year's *Out of the Furnace* — for defamation by members of the Ramapo Mountain, N.J., community, who claim they were painted in an unfair light by the film, according to TMZ.

"Out of the Furnace" characterizes the Ramapo Moun-

tain people in an extremely negative manner," the suit alleges. "The Plaintiffs are not the worst people, do not live in trailer homes, are not involved in an underground bare-knuckle fight ring and do not live in a self-contained world of drugs and violence." The film, starring Christian Bale, Woody Harrelson and Casey Affleck, was produced by DiCaprio's company, Appian Way.



Claudia Schiffer

## Candied Claudia: So which model made a million for one meal?

Claudia Schiffer cannot be bought, apparently. The supermodel was once offered \$1 million by an Arabian prince to join him for a dinner and serve as his "eye candy," she reveals in an interview with Jonathan Ross for his talk show. "It's

not all about money," she says. "I just want to be able to walk down the street and be proud of what I do." She also says that another supermodel took the prince up on his offer when she refused, though she won't say who it was.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## 30 Seconds 'til I figure this situation out

MELINDA  
TAUB

Metro World News in New York

Are Jared Leto and Lupita Nyong'o dating or what? The two best supporting Oscar winners are rumoured to be supporting each other, if you know what I mean. Though I'm not sure that I do know. The stunning 12 Years a Slave actress weakly denied the gossip on *Ellen* last week.

"You know it's crazy 'cause when I read these rumours, they're so detailed that even I start to question whether they're true or not," Nyong'o said. "I know I've believed them

in the past and now I guess I can't believe anything."

Her rumored paramour, on the other hand, who won a best supporting actor trophy Sunday night for his role as a transgender AIDS victim in *Dallas Buyers Club*, announced last night to *E!*'s Ryan Seacrest that yes, he's dating a best supporting actress nominee — 84-year-old June Squibb.

"Let's put the rumours to rest," he joked with Nebraska star Squibb. "We are indeed dating and it's great."

He added, "I've been having fun. I hope she is, too."

Cute, but Leto should know that I am basically taking all this jokey denial as confirmation that he and Nyong'o really are together. If they're not, they should be. They should at least make their Oscar statues kiss.



George Lopez

## A lethargic Lopez tries his luck on a casino carpet

George Lopez was arrested for public intoxication after passing out on the floor of the Caesars Windsor Casino in Windsor, Ont., last week, according to *Entertainment Tonight*. On the bright side, though, at least the comedian and sitcom star can

laugh it off. "Tied one on last night. Not feeling great this morning," he said in a statement the following day. "I was trying to sleep it off. Unfortunately, it was on the casino floor." Lopez was reportedly released without being charged.



Busy Phillips

## Phillips Busy trying to find Michelle a new man

Busy Phillips is reportedly "desperate to find a man" for pal Michelle Williams, but her judgment might not be the most sound, as the *Cougar Town* star is apparently trying to push Williams into the newly single arms of Jake Gyllenhaal, according to *Radar Online*. "Busy's been trying to match-make them for a good year now and got her hopes up when she saw how Jake really became a shoulder to cry on for Michelle at their friend Philip

Seymour Hoffman's funeral," a source says. "But despite her efforts, she still hasn't gotten them to go out on a date yet. Busy is not really taking into account that Jake would have an issue with dating the ex of his late close friend Heath (Leder)." Also, Williams might not be so keen on taking her friend's advice again, as Phillips was reportedly the one who set her up with ex-boyfriend Jason Segel, "who really broke Michelle's heart," another source adds.

### Twitter



@justinbieber  
Keep the party going



@realjknoxville  
Bad Grandpa didn't win for best makeup but i did get a chocolate Oscar to take home.



@ricky\_martin  
Well I bathed.





# Because I'm happy...



Stop thinking of happiness as a good feeling. Instead of asking, "Do I feel happy?" ask, "Am I doing something meaningful, purposeful, aligned with my values?" suggests Russ Harris, author of *The Illustrated Happiness Trap*. ISTOCK

**Q&A.** While Pharrell's song is making people want to dance in the streets, a new book explains why happiness doesn't always mean good feelings

**LASSE  
EMIL KRISTIANSEN**  
Metro News in New York City

Happiness is not always about feeling good, says physician and therapist Russ Harris.

He's the author of *The Illustrated Happiness Trap*, which has illustrations by Bev Aisbett. We talked to Harris about the

enigma of that magical "H" word. His attitude on what it means to be truly happy might surprise you.

## Can you try to describe what happiness is?

Unfortunately, most people think of happiness as a feeling or emotion. They believe that happiness equates to feeling good. But this common idea of happiness creates a trap for us; it sets us up to struggle with reality. Because the things that make life rich, full and meaningful — such as building intimate relationships, raising a family, developing a meaningful career, etc. — do not just give us good feelings; they also give us all plenty of painful feelings, such as anx-

iety, frustration, fear of failure, disappointment, anger, sadness and so on. I would encourage people to redefine happiness as "living a rich, full and meaningful life, in which we feel the full range of human emotions, both pleasant and painful."

## How is this book different from all the other books about happiness?

Well for a start, there's nothing in about "positive thinking" or "positive affirmations" or "challenging negative thoughts." It's based on a scientifically proven model called acceptance and commitment therapy (ACT), which uses cutting-edge psychological methods, especially a mental process known as mindfulness,

which enables you to handle difficult thoughts and feelings more effectively, so they have much less impact and influence over you.

## Is it normal to have self-doubt on the road to happiness?

Self-doubt is normal and natural, and almost everyone has it to some extent; unfortunately most people don't openly admit to it. If you are stepping out of your comfort zone into a challenging situation with an uncertain outcome, of course you will have self-doubt. How could you possibly not? ACT teaches you how to deal with this through developing mindfulness. In a mental state of mindfulness you can let all those anxious

## For your phone

**Adrian Peterson Driven**  
(iPad, \$1.99)



**MIND THE APP**  
Kris Abel  
@RealKrisAbel  
life@metronews.ca

While Minnesota Vikings star Adrian Peterson doesn't workout alongside you in this four-week training course, he does use video effectively to demonstrate exercises for building up speed and strength.



thoughts and feelings flow through you, without getting caught up in them or swept away by them.

# Some food trends are here to stay



**BEST HEALTH  
MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

In the latest issue of *Best Health*, Canada's healthy life-style magazine for women, our registered dietitian columnist Sue Mah shares some popular food movements that she says are here to stay. "In my 20 years as a dietitian," she says, "I've learned that the world of nutrition is like fashion — fads come and go. But thanks to

new research, some trends will stand the test of time."

## Getting smart about carbs

We shouldn't be cutting out all carbs. They provide B vitamins, iron and fibre, and are good fuel for our muscles and brain. The key is to choose whole-grain carbs (such as brown rice and barley) more often than refined carbs (such as white rice or white pasta). Whole grains have more vitamin E, magnesium and zinc. Yes, gluten-free is a huge trend too, but another reason grains like buckwheat and quinoa are

here to stay is because they are a source of protein.

## Being sensible about sodium

The average Canadian eats about 3,400 mg of sodium every day, which is equal to about one and a half teaspoons of salt. Most of that comes from packaged foods. We do need sodium to control our blood pressure and help our muscles and nerves to work properly, but too much can lead to high blood pressure. Health Canada recommends we limit sodium to 1,500 mg a day, but Hypertension Canada

reviewed the latest science and found that, for most adults, cutting back to a maximum of 2,000 mg of sodium (just under one teaspoon) daily — a target I feel is more achievable — can still have beneficial effects on blood pressure. Speak to your doc about what's right for you.

## Having better breakfasts

Gone are the days of eating only a muffin for breakfast. The trend is now toward eating protein in the morning to help you feel full, which may minimize overeating during the day. Protein also helps build

antibodies and muscles. Aim for 25 to 30 grams of protein at breakfast. Here are two breakfast ideas that each have 25 grams of protein: A peanut butter sandwich on whole-wheat with a glass of skim milk (440 calories); or two scrambled eggs with ham and a cup of soy beverage (390 calories).

For one more breakfast idea, plus lots of easy recipes, pick up the March/April issue of *Best Health*. **BEST HEALTH IS ON NEWSSTANDS, OR YOU CAN SUBSCRIBE AT BESTHEALTHMAG.CA. WE ALSO HAVE AN AWARD-WINNING IPAD EDITION.**



# MAINTAINING A LIFE, LEARNING BALANCE

Busy is a word that has almost become cliché these days.

While everyone claims to be “busy” trying to tackle work and home life, throw in going back to school in the evenings, and one starts to really understand the real meaning of the word.

Sarah Hamid-Balma, director, mental health promotion, Canadian Mental Health Association (CMHA), B.C. division, has a few suggestions for those considering adding more to their plate.

“Be realistic about your time,” Hamid-Balma says. “We are so eager to say ‘yes’ to everything when people need to set up some boundaries of what they want or can do.”

Hamid-Balma says lifelong learning is important to everyone’s mental health and encourages people to continue to seek out learning opportunities.

When it comes to tackling school, on top of work and life commitments, Hamid-Balma suggests the first thing a

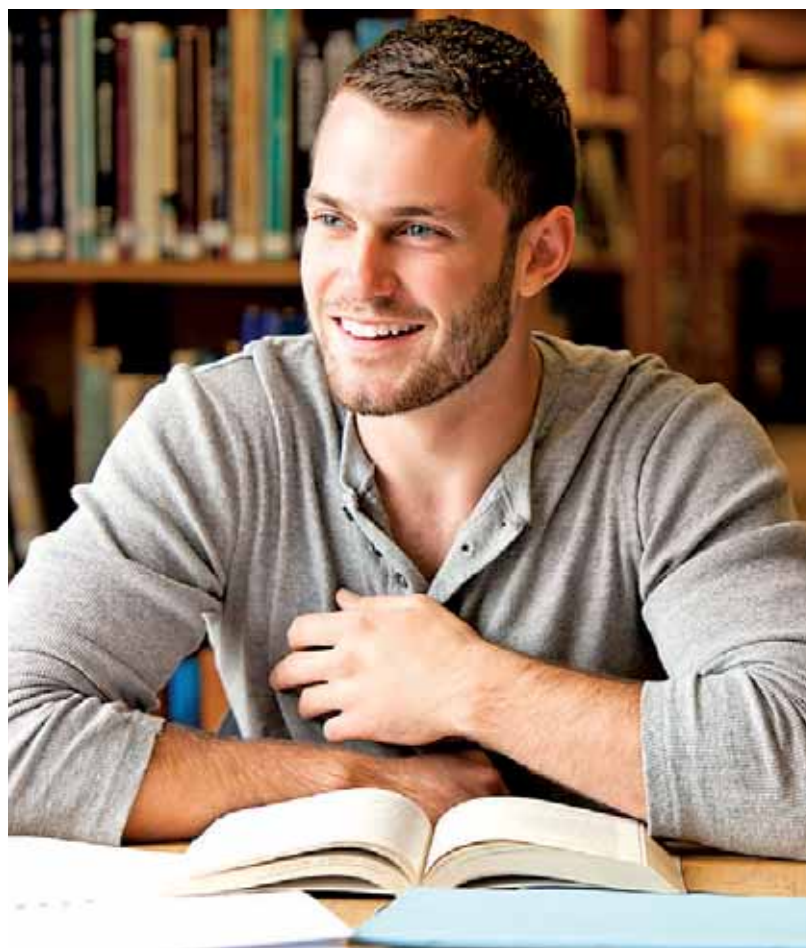
prospective student should do is evaluate what their schedule currently looks like, what their priorities are and how to minimize the short-term harm for the long-term gain.

She says while it is usual to feel overwhelmed by a hectic schedule, maintaining a work/life balance is important to one’s mental health.

Hamid-Balma says some signs that you may have taken on too much include feeling like you have lost control of your life, feeling guilty about commitments, difficulty concentrating, feeling stressed or tired all the time, or just feeling like you are not living your life to the fullest.

“Asking for help is something we don’t do enough of,” Hamid-Balma says. “You don’t have to do everything yourself.”

To alleviate some of these feelings, she says to try to integrate some breaks (away from technology) in your day, like going for coffee with a friend, walking the dog, or playing with your kids.



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CONTINUING EDUCATION

METRO CUSTOM PUBLISHING

## ACCESS ONLINE COURSES

### ECAMPUS ALBERTA

Fort McMurray resident Janeen Felix was looking to further her education, so she examined her lifestyle and researched her options and decided that online learning was the way to go.

“I learned about eCampusAlberta through Keyano College where I was looking into the various program offerings,” Felix says. “Then I discovered I could take the human resources management program online from Bow Valley College through eCampusAlberta.”

Keyano College and Bow Valley College are two of 19 member institutions that form the eCampusAlberta consortium.

Through eCampusAlberta, Albertans have access to more than 900 online courses and 70 provincially approved online certificates, diplomas and applied degree programs.

For Felix, eCampusAlberta provided her with the flexibility to pursue post-secondary education while continuing to work and raise her son.

Through eCampusAlberta, online courses are delivered based on a lead and partner



Janeen Felix

CONTRIBUTED

model, which allows students to take online courses offered by institutions located far from their home while still being able to access support services from an institution close to where they live.

Felix has enjoyed her experience with online learning, and looks forward to taking more classes through eCampusAlberta.

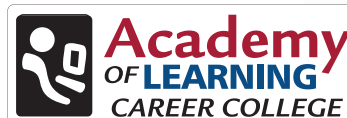
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# SERVE THE NEEDS OF CITIZENS WITH U OF A

Information rights legislation plays an important role in ensuring transparency and accountability of the governments at municipal, provincial, territorial and federal levels.

"Under information rights legislation, citizens have a right to access information held by governments and use this information as a means for holding governments to account," says Wayne MacDonald, information access and protection of privacy (IAPP) program manager, faculty of extension, University of Alberta.

"Historically, we have seen the slippery slope that occurs when governments hid information from citizens, and when an individual's privacy is invaded and their personal information collected without their knowledge or control."

MacDonald says this is why the University of Alberta's IAPP program is so keenly sought after as a learning opportunity for individuals wanting to

## CONFERENCE

The faculty of extension delivers an annual national conference focusing on information rights.

This year's conference will be held at the Marriott Hotel, River Cree Resort, in Edmonton from June 18-20. This annual conference is widely recognized as the leading educational conference of its kind in Canada.

For more information about the conference, visit [accessandprivacy.ca](http://accessandprivacy.ca).

enter an exciting and emerging new career and field of study. The nationally recognized and award winning IAPP program is the first comprehensive online post-secondary level program offered by a Canadian university for those working in the information rights field.

The IAPP program equips students



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with the knowledge and practical skills necessary to be an effective information rights administrator.

The program teaches students how access and privacy principles are applied. Online instructors explain program curriculum covering complex legislation, best practices and the application of information rights legislation in the public and private sectors.

MacDonald says there is a broad de-

mand for knowledgeable and well-trained administrators in the public, private and health sectors.

"Students enrolled within the IAPP program are actively sought after and are readily employed," MacDonald says. "These professionals find great satisfaction in their jobs serving the needs of citizens."

For more information about the IAPP program, visit [extension.ualberta.ca/iapp](http://extension.ualberta.ca/iapp).



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WILLIAM CASEY/SHUTTERSTOCK

# EDUCATION ON YOUR TERMS

## AT ATHABASCA UNIVERSITY

As Canada's premier online university, Athabasca University is focused on the future of learning. The AU experience is innovative, flexible and accessible, opening up education opportunities for adult learners just like you.

AU serves more than 40,000 students from every Canadian province and territory, as well as 87 countries worldwide. Choose from more than 800 courses in a broad range of undergraduate and graduate degree, diploma and certificate programs in arts, science, business, health, technology and professional disciplines

As an open university, AU works with learners to overcome the challenges that can prevent them from attending traditional university — challenges like family and job responsibilities or not being able to relocate for school. The school's open admission policy allows anyone 16 or older to study as an undergraduate student regardless of educational history.

If you already have a diploma, you may well be on your way to an AU degree. AU recognizes thousands of courses and hundreds of transfer programs with colleges and universities across Canada and around the world. Obtaining your degree may be closer than you think.

AU recognizes that your learning can also be acquired from life experience, job training, workshops, seminars and other experiences. Your work and/or life experience may be recognized towards earning an AU degree with the school's prior learning assessment and recognition (PLAR) process.

Undergraduate admission is offered year-round and most courses start on a monthly basis. Register for a course by the 10th of the month, and you can start as early as the first day of the next.

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CONTRIBUTED

about the teams and leaders intercultural skills workshops.

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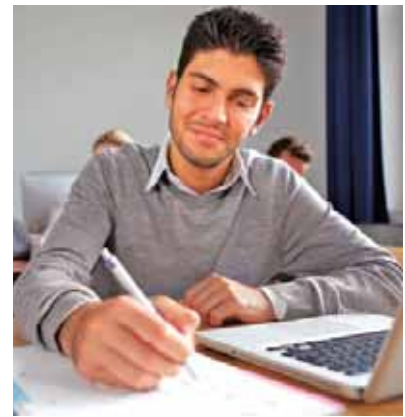
All of these programing options are great for students trying to maintain a work or family life, while learning new skills that could lead to a new career in a field where trained professionals are in demand.

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aided drafter certificate, as well as an architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization, where students can study to earn a diploma in CAD in less than a year, with skills for which employers are looking.

Applications for the March 31 intake are now being accepted.

For more information, or to speak to an admissions adviser, visit [digitalschool.ca](http://digitalschool.ca).



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Incoming students are welcomed with a free, one-on-one consultation with an admissions adviser and are able to start their classes immediately.

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According to Alberta government labour stats, individuals who are employed in office administration can earn approximately \$22 per hour. Because of their skill sets and goal orientation, there are many employment opportunities for Academy of Learning Career College grads.

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## STUDY UP ON YOUR FINANCES

There is no question that going back to school can create an unwanted financial burden if you are not prepared for it.

If you are planning on going back to school, for either career and skill development, to increase job opportunities, to change careers, or to just learn more about a topic of interest, it is important to put a financial plan in place to ensure you do not leave yourself with an unmanageable level of debt once you are done.

Robert McCullagh, financial adviser, Benefit Planners Inc., Portfolio Strategies Corp., says he always asks clients the same questions before they head down the road to higher education.

If they are going back to school to increase their earning potential, he asks about their income potential when they graduate.

"If they are not careful, they can just incur more debt," says McCullagh, who is also an instructor of financial planning courses at Mount Royal University faculty of extension.

Secondly, McCullagh suggests researching the cost of the program and how much money will be needed in the bank to cover day-to-day living expenses while in school.

From there, he advises making a budget and try living off that budget.

"That allows you to test drive your budget to see if you can afford to go back to school," McCullagh says.

If you do not have enough money saved to go back to school full time or to fully cover the costs of tuition, there are a number of grants and bursaries available to help with the costs associated with school, as well as the Lifelong Learning Plan (through RRSPs).

"Your last resort should be student loans or lines of credit," says McCullagh.

When you factor in interest on loans or lines of credit, these options will set you further back then when you started.



# From North Carolina, with love: Seared Scallops with Ragout

## Health Solutions

### I see your protein and raise you three scallops



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Scallops are one of the fastest weeknight seafoods you can imagine.

They are available frozen year-round. If you buy them on sale and stock up, you can find quite a bargain for your omega-3 buck.

Unlike other frozen seafood, the protein in scallops seems to suffer less damage, netting a nicer texture when thawed then cooked.

Scallops rank around the middle of fishes in omega-3 content but low on the cholesterol, calorie and fat

scale, making them excellent health food.

The only trick in cooking them is to pat dry, use a hot pan and don't cook for more than 5 minutes.

Letting them rest before serving helps the scallop to cook through all the way but a little translucence in the centre helps make sure that they aren't like eating erasers.

Three toonie-sized scallops are about 100 calories and yet 18 grams of protein (about one third of a day's requirement).

They also serve up about one-third of your omega-3 needs for the day and a healthy, balanced dose of magnesium, potassium and phosphorus.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**THERESA ALBERT**  
myfriendinfood.com

You know you're in for a treat when seafood is the speciality at a restaurant. That's the exact case at the historic Carolina Inn in Chapel Hill, N.C.

The walls are lined with historic photos and clippings of important goings on in the south. The dining room is rife with Southern comfort foods, including this recipe for Seared Scallops with Butternut Squash Bacon Ragout, which I adapted from Chef James Clark.

It is quick and simple and the side dish of squash and bacon can be made days in advance and kept for that gastronomic weeknight meal you crave but don't normally have time for.

1. Peel and chop squash into 1 inch cubes (or use prepared/frozen squash cubes to speed up the dish).

2. In a small pot cover the butternut squash with cold water and place on the stove on high heat and bring to a simmer. Allow to simmer 5-15

## Ingredients

- 1 butternut squash (about 4-5 cups cubed)
- 2 strips bacon
- 12 large scallops
- Salt and pepper to taste
- 1 tbsp butter
- 2 shallots, minced
- 2 cloves garlic, minced
- 3 tbsp white wine
- 1/2 bunch chives



This recipe serves six. COURTESY THERESA ALBERT

minutes until just fork tender but with a little bit of strain and cool.

3. Dice bacon into small cubes and cook in a large sauté pan slowly until crisp. Remove from the heat and drain and reserve the bacon pieces and the drippings separately.

4. Heat the same sauté pan, pat scallops dry with paper towel and season with the salt

## FLASH FOOD



From your fridge to your table in 30 minutes or less

and pepper, add butter to the pan and place scallops to sear. Once the edges become nice and brown (about 2 mins) turn over and cook 1 min. Then remove and set on paper towels

to side in a warm area.

5. In the same pan add back the bacon, shallots and garlic and sauté for a min, then add the squash and the white wine then chives.

6. Place scallops atop a bed of squash. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

# No party needed for this cocktail

1. Fill a large (6- to 8-quart) stockpot halfway with water,

then add 2 tablespoons of salt. Bring to a boil. Add the lemons,

## Ingredients

- Kosher salt
- 2 lemons, quartered
- 2 lbs jumbo shell-on raw shrimp, thawed if frozen

## For the sauce:

- 1/2 cup ketchup
- 1/2 cup chili sauce
- Zest and juice of 1 small lemon

- Juice of 1/2 small lime
- 1 heaping tbsp white horseradish
- 1 tsp pureed chipotle peppers in adobo
- 2 tbsp (1 oz) vodka
- 1 tbsp Worcestershire sauce
- Pinch garlic salt
- Celery salt, for serving

then return the water to a boil. Add the shrimp, turn off the heat and cover the pot. Leave the shrimp in the water for 2 to 4 minutes, or until cooked through, pink and curled. The larger the shrimp, the longer they will take to cook.

2. Use a slotted spoon to transfer the shrimp to a large bowl. Add enough cold water to cover the shrimp, then stir to cool them. When the shrimp are cool, peel and de-vein them, then pat them dry

and transfer to a platter or plate. Refrigerate until ready to serve.

3. To make the sauce, in a medium non-reactive bowl, mix together the ketchup, chili sauce, lemon juice and zest, lime juice, horseradish, pureed chipotle, vodka, Worcestershire and garlic salt. Taste and adjust seasonings.

4. Sprinkle celery salt around the rim of a serving dish. Transfer the cocktail sauce to a serv-



This Shrimp Cocktail with Bloody Mary Sauce recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

ing bowl and place in the centre of the serving dish. Arrange

the chilled shrimp around the edges. **THE ASSOCIATED PRESS**



Ben Scrivens, signed to a two-year contract extension by the Oilers on Monday, leads the NHL with a .934 save percentage. JASON FRANSON/THE CANADIAN PRESS

# Oilers give Scrivens hometown security

**NHL.** Spruce Grove backstop gets two-year extension to help turn things around in Edmonton

The Edmonton Oilers have agreed to terms with goaltender Ben Scrivens on a two-year contract extension.

The Spruce Grove native has posted a 3-4-0 record in-

## Down to business

**"It's a great opportunity, now the real work begins."**

Spruce Grove's Ben Scrivens

cluding one shutout since being acquired by the Oilers in a trade with the Los Angeles Kings on January 15.

The 27-year old has posted a 10-9-4 record with Edmonton and the Kings, including four shutouts and a league-

leading .934 save percentage.

"It's great to be here in Edmonton playing at home," Scrivens said.

He made an immediate impact when acquired by his hometown team, making 59 saves in a 3-0 win over the

San Jose Sharks on Jan. 29.

That set an NHL record for most saves in a regular-season shutout.

The six-foot-two, 193-pound goaltender has a record of 21-23-6 and six shutouts over three NHL seasons with Toronto, Los Angeles and Edmonton.

In four years at Cornell University, Scrivens appeared in 117 games posting a record of 65-37-13, a 1.93 goals against average, and 19 shutouts. **THE CANADIAN PRESS**

## World junior curling

### Edmonton's Rocque rolls into title match

Canada's Kelsey Rocque edged South Korea's Kyeong-Ae Kim 7-6 to advance to the women's final at the world junior curling championship Monday.

Canada and South Korea played in the Page 1-2 playoff game in Flims, Switzerland. South Korea will now face Sweden in the semifinal.

Rocque, of Edmonton, finished tied with South Korea atop the overall standings with identical 7-2 records. But the Koreans earned first after beating Canada 8-6 during the round robin.

"It's amazing. It's unexplainable right now, it's so exciting," said Rocque following her win. "We really just wanted to come here and hopefully medal."

"Now that we're guaranteed one, we are so excited. Hopefully the gold but we'll be happy either way. I blinked and that game was over. It was a really fast-paced game with a lot of good shotmaking. It was an exciting game to play in."

Canada led 5-4 after eight ends but got into trouble in the ninth when Rocque slid wide on a draw that allowed South Korea to steal two.

But in the 10th end, Rocque faced a draw for two and the win and this time made the shot.

"I'm just so proud of the girls, they've played so well," Rocque said. "We wanted this so badly."

Winnipeg's Braden Calvert takes on Switzerland in the men's Page 3 versus 4 contest Tuesday. The Canadians finished third with a 6-3 record. **THE CANADIAN PRESS**

# Kevin Koe not done beating up kid brother



Alberta skip Kevin Koe watches a rock as in a match against the Northwest Territories/Yukon in Kamloops, B.C., Monday. ANDREW VAUGHAN/THE CANADIAN PRESS

It's one game Kevin Koe never looks forward to playing.

"This one, you don't get a lot of enjoyment out of," the Alberta skip said, after beating younger brother Jamie Koe from the Northwest Territories/Yukon 8-3 in eight ends Monday at the Canadian men's curling championship.

"It's never fun beating them because I'm always cheering for them every year they're here," he said. "That being said, we needed a win."

Alberta improved to 4-1 at the Tim Hortons Brier after

defeating Manitoba and Jeff Stoughton 10-4 later Monday.

Alberta and Manitoba, along with British Columbia's John Morris, share the lead with a 4-1 record heading into Tuesday's action.

Meanwhile, the Territories sit at 1-3.

"They're obviously better," Jamie said of the encounters with his brother. "We're going to have to play our best and hope for some breaks but it's a fair battle."

Jamie Koe has represented the Territories four out of the

last five years but when Kevin has been there he has always won the brother-vs.-brother tussle.

Monday also saw New Brunswick's James Grattan score his first win this year against Greg Balsdon of Ontario, 9-6.

Grattan gave Stoughton a fight Sunday as well and said it felt good to get a monkey off his back with the win. "When we went to bed last night we felt pretty good about it," he said of the Manitoba game. "The team in the last two games has really shown up." **THE CANADIAN PRESS**



# LeBron lights up Bobcats for 61 points

**NBA.** Miami forward sets career, franchise single-game record

Best player. Best game of his career.

LeBron James clearly isn't ready to concede his MVP award to anyone yet.

Dazzling from inside and out, James put on the best scoring show of his NBA life on Monday night, pouring in 61 points — a career high and a franchise record — as the Miami Heat beat the Charlotte Bobcats 124-107. It was the eighth straight win for the two-time defending champions, who are starting to roll as the playoffs get near.

James made 22 of 33 shots from the field, including his first eight 3-point attempts, on the way to his historic night.

"The man above has given me some unbelievable abilities to play the game of basketball," James said. "I just try to take advantage of it every night. I got the trust of my teammates and my coaching staff to go in there and let it go."



Miami forward LeBron James  
ALAN DIAZ/THE ASSOCIATED PRESS

His career best had been 56 points, on March 20, 2005, for Cleveland against Toronto. Glen Rice scored 56 to set the Heat record on April 15, 1995, against Orlando.

James had 24 points at halftime, then added 25 in the third quarter. The record-breaker came with 5:46 left, when James spun through three defenders for a layup that fell as he tumbled to the court.

"There was an efficiency to what he was doing," Heat coach Erik Spoelstra said. "The rim looked like an ocean for him." **THE ASSOCIATED PRESS**



## Takin' it to the hoop

Kings centre DeMarcus Cousins, foreground, goes to the basket against New Orleans Pelicans centre Jeff Withey during first quarter NBA action in Sacramento on Monday. Cousins scored 23 points and the Kings won 96-89. **RICH PEDRONCELLI/THE ASSOCIATED PRESS**

MLB

## Correia, Twins stifle Blue Jays

Kevin Correia threw three hitless innings and a split squad of Minnesota Twins beat the Toronto Blue Jays 12-2 Monday.

Correia, who was 9-13 last year, permitted just one walk.

Blue Jays starter J.A. Happ struggled, walking four and giving up a double and single

while getting only one out.

Six Toronto pitchers combined for eight walks.

"Couldn't throw strikes," Blue Jays manager John Gibbons said. "We were allergic to the strike zone today on the mound."

Jermaine Mitchell homered for the Twins. He went 3 for 3 with a double and drove in four runs. Brian Dozier hit two doubles. Edwin Encarnacion hit a two-run homer for Toronto.

**THE ASSOCIATED PRESS**

NHL

## Wild edge Flames

Jared Spurgeon's power-play goal in the third period helped the Minnesota Wild notch their season-high fifth straight win, 3-2 over the Calgary Flames on Monday night. Kyle Brodziak and Zach Parise also scored for Minnesota while Mike Cammalleri and Mark Giordano scored goals for Calgary. **THE ASSOCIATED PRESS**



Minnesota's Keith Ballard crashes into Calgary goaltender Reto Berra.  
JIM MONE/THE ASSOCIATED PRESS



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## Horoscopes

### Aries

March 21 - April 20

Not everyone shares your principles and beliefs, so don't take it as a personal affront if others disagree with you today – which they will. Everyone is entitled to their own opinions.

### Taurus

April 21 - May 21

You may be tempted to give up on something that just won't go the way you want it to go. Don't. Later this week something will happen that makes you realize that your slow progress is just a blip.

### Gemini

May 22 - June 21

The planets warn that if you come on too strong today someone you work with will be so intimidated that in future they will try to keep a distance between you, which is not what you want at all.

### Cancer

June 22 - July 23

You have made up your mind about an issue and the more others try to change your mind the more determined you are to follow your own interpretation. Just make sure it's the correct interpretation.

### Leo

July 24 - Aug. 23

Someone whose personality is as strong as your own will refuse to follow your lead today and you won't be too happy about it. But what can you do? Let them do their own thing.

### Virgo

Aug. 24 - Sept. 23

Try not to waste time and energy on people who are clearly not worth the effort. Certain individuals will always be ungrateful no matter what you do – it's in their nature – so identify them and avoid them, as much as you can.

### Libra

Sept. 24 - Oct. 23

Anyone who disagrees with your right to dictate terms will be out in the cold very quickly. Usually you are happy-go-lucky but today the happiest and luckiest people will be those who don't cross you!

### Scorpio

Oct. 24 - Nov. 22

Try to avoid petty arguments. Yes, it may look to others as if you are taking the easy way out but the fact is you cannot be bothered to waste time irrelevant issues.

### Sagittarius

Nov. 23 - Dec. 21

The situation you have to deal with today is of a kind you would prefer to avoid, but you will find it provides the kind of challenges that require brain power to resolve – and that's the kind you enjoy.

### Capricorn

Dec. 22 - Jan. 20

You may lose your temper with a work colleague over the next 24 hours. But don't get so angry that you risk bursting a blood vessel. Why put your health at risk over someone else's stupidity?

### Aquarius

Jan. 21 - Feb. 19

You will be a hero to some and a villain to others today – there will be no in between. Whatever you say that causes a fuss don't let anyone tell you that you should keep quiet.

### Pisces

Feb. 20 - March 20

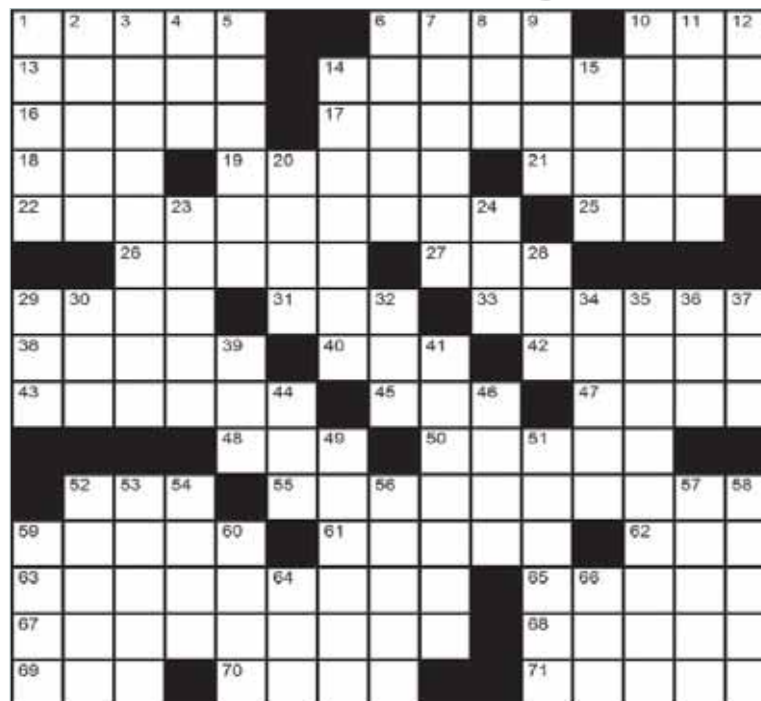
The Sun in your sign boosts your confidence and makes you believe that all things are possible – but others, it seems, still need convincing. You can, if you try, win people round to your point of view.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Desert transport
6. Historic Canadian Louis
10. "Swamp Pawn" channel
13. "Star Trek" role
14. New Orleans carnival: 2 wds.
16. Cow's 'first stomach'
17. Nightclub service: 2 wds.
18. Furniture wood
19. Launch
21. Friends, olden-days style
22. Legendary singer/songwriter/pianist: 2 wds.
25. Joe \_\_\_ (Canadian who is the Creative Director of ELLE Magazine)
26. New Zealand people
27. Meas. from a circle's centre
29. Old Testament son
31. PM or Pres., e.g. Chmerkovskiy
38. Like green-covered stones
40. Conclusion
42. Hawk type
43. Maintenance
45. Meet
47. Microsoft's search engine
48. ABBA song
50. Will, fancy-style
52. HBC part



55. 1987 Sci-Fi movie spoof
59. Ontario: The Cochrane Polar Bear Habitat's bear whose name means 'Snowflake' in Inuktitut
61. Showbiz kid Ms. Willis
62. Mr. Wallace
63. Constellation; or,

- Gene Roddenberry created TV series
65. Pointed arch
67. April Wine song: 2 wds.
68. Canadian musician Mr. Zappacosta
69. Rapper, \_\_\_ Rida
70. Auction actions
71. Bible-sounding verb

### Down

1. Doctor
2. Song from 1961 Elvis movie "Blue Hawaii": "Rock-\_\_\_ Baby"
3. Treasure of ancient Egypt: 2 wds.
4. Bard's 'before'
5. Welcome cry from a ship's crow'snest!:

- 2 wds.
6. French painter Mr. Dufy (b.1877 - d.1953)
7. More angry
8. Summer hrs. indicator
9. Defeat
10. Greek island
11. Papier-\_\_\_
12. Frowning-upon sound effects

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

14. Country music's Martina
15. Robert \_\_\_, PEI Premier
20. Peer
23. Reason
24. "Cheers" bartender
28. Lightly apply
29. Three-lettered bird
30. Drench
32. Medical pros
34. Samuel Taylor Coleridge poem, \_\_\_ Khan
35. Bowl of apples painting, for instance: 2 wds.
36. Canadian broadcaster Marci
37. "I'm a \_\_\_: half man, half dog. I'm my own best friend." — John Candy in #55-Across
39. Not no
41. Vintage Sony CD-player
44. Neg. opposite
46. Yoredom's 'you'
49. Banquet
51. Overseas
52. Commonplace
53. "Then...?": 2 wds.
54. Portable dwelling of Mongolia
56. Luxury cars
57. Mr. Strauss' pants
58. Sugary
59. Sailing spar sort
60. Hoda \_\_\_ (NBC daytime chat personality)
64. Ath.'s injury scan
66. \_\_\_ Worm (Toy)

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: -15°  
MIN: -19°

### WEDNESDAY



MAX: -15°  
MIN: -22°

### THURSDAY



MAX: -14°  
MIN: -24°



MICHELE MCDUGALL  
WEATHER SPECIALIST

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QBPHMSJDESTWJJOOJ  
LYRTNUOCCEVSTOYIR  
TBMWESTERNBETQWTT  
IKHJKAHGOPNEVTVAE  
SADDLEJLMNRWNHWP  
TNCKEPKJEUUOCABN  
CVNBCZGSYDKRQNTTU  
IIUTYSSUYWKBAEXS  
QPALLEBEACHZERAK  
HDMLEQHORSESHOE  
OUSSIDEZVOZDYVILKI

BEACH  
BEER  
BRUNO  
BULL  
CACTUS  
COUNTRY  
DAISY  
DANIELS

HIBALL  
HORSESHOE  
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## THE 2014 B 250. TOTAL PRICE<sup>1</sup>: \$33,140\*\*

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$298*	3 months
60 Months	45 Months	\$6,190* Down	payments waived <sup>2</sup>

<sup>1</sup>Taxes extra.



## THE 2014 C 300 4MATIC™ AVANTGARDE EDITION SEDAN. TOTAL PRICE<sup>1</sup>: \$44,890\*\*

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$358*	3 months
60 Months	39 Months	\$8,400* Down	payments waived <sup>2</sup>

<sup>1</sup>Taxes extra.



## THE 2014 C 250 AVANTGARDE EDITION COUPE. TOTAL PRICE<sup>1</sup>: \$47,390\*\*

Finance APR	Lease APR	Lease Payment	
0.9%*	2.9%*	\$468*	3 months
60 Months	39 Months	\$7,540* Down	payments waived <sup>2</sup>

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© 2014 Mercedes-Benz Canada Inc. 2014 B 250 with Sport Package/2014 C 300 4MATIC™ Avantgarde Edition Sedan/2014 C 350 Avantgarde Edition Coupe shown above, National MSRP \$32,500/\$52,800/\$54,850. \*\*Total price of \$33,140/\$44,890/\$47,390 includes freight/PDI \$1,995, dealer admin fee of \$495, air-conditioning levy of \$100, EHF tires of up to \$16, PPSA up to \$27.80 and AMVIC fee of \$6.25. <sup>1</sup>First, second and third month payment waivers are capped for the 2014 B 250/ 2014 C 300 4MATIC™ Avantgarde Edition Sedan/2014 C 250 Avantgarde Edition Coupe up to a total of \$1,200/\$1,350/\$1,350 (including taxes) for lease programs and up to a total of \$1,800/\$1,950/\$1,950 (including taxes) for finance programs. Payment waivers are only applicable on the 2014 B-Class, C-Class Coupe and C-Class Sedan models. \*Lease and finance offers based on the 2014 B 250/2014 C 300 4MATIC™ Avantgarde Edition Sedan/2014 C 250 Avantgarde Edition Coupe available only through Mercedes-Benz Financial Services on approved credit for a limited time. Lease example based on \$298/\$358/\$418 per month for 45/27/39 months. Down payment or equivalent trade of \$6,190/\$7,400/\$7,500 plus security deposit of \$300/\$400/\$500 and applicable taxes due at lease inception. MSRP starting at \$30,500/\$42,250/\$44,750. Lease APR of 2.9%/2.9%/2.9% applies. Total obligation is \$19,872/\$17,433/\$24,279. 18,000 km/year allowance (\$0.20/km for excess kilometres applies). Finance example is based on a 60-month term and a finance APR of 0.9%/0.9%/0.9% and an MSRP of \$30,500/\$42,250/\$44,750. Monthly payment is \$469/\$614/\$661 (excluding taxes) with \$5,630/\$6,865/\$7,115 down payment. Cost of borrowing is \$634/\$830/\$894 for a total obligation of \$33,746/\$43,692/\$46,756. Vehicle license, insurance and registration are extra. Dealer may lease or finance for less. Offers may change without notice and cannot be combined with any other offers. See your authorized Mercedes-Benz dealer for details or call the Mercedes-Benz Customer Relations Centre at 1-800-387-0100. Offer ends March 31, 2014.